



Men's varsity soccer

The Conestoga Condors faced the Sheridan Bruins in the season home opener.

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"Terry Fox ran for our lives, now it's our turn to even the score."

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Monday, September 25, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

38th Year — No. 15

Conestoga hopes to raise \$45,000 for United Way

BY CARA LICHTY

In just over a month's time the 2006 United Way Campaign at Conestoga College will take place.

This year the United Way committee and Conestoga Students Inc. are teaming up to hold this two-week campaign, which runs from Oct. 23 to Nov. 3. During that time they hope to raise money and awareness.

"The United Way causes a huge ripple effect," said Sheila Hollidge, chair of the United Way campaign.

"It causes such a positive impact on so many different organizations."

During the two weeks, the campaign will feature various events including the annual United Way barbecue and a number of other events that will be sponsored by Chartwells Cafeterias.

The United Way committee is working on having various agencies come to the Doon campus during the first week of the campaign.

Hollidge said she hopes this will really bring a face to the agencies and give the college community a chance to see the impact these groups have on a day-to-day basis.

"If the agencies come to the school to show what they're about it makes everything more real and actually brings it home," said Hollidge.

"It really makes a difference in any fundraising effort."

This year's campaign hopes to bring in roughly \$45,000 between the faculty, staff and students.

Hollidge said any form of support goes a long way and that with 6,000 students, if each donated a dollar it would be a huge contribution.

"I know a lot of the students are working hard to make ends meet," said Hollidge, adding their real goal is to make the students more aware.

Penny Rolinski, campaign director at the Waterloo United Way, said she is grateful for any support from the college.

"To see Conestoga College bringing people together from so many communities is a really great feeling," said Rolinski.

"College students are the future; seeing them putting in the effort means a lot to us."

Some of the agencies that will receive proceeds are the Food Bank of Canada, the Literacy Group, K-W Multicultural Centre, a women's crisis centre, Anselma House and many more.

Students interested in working with the United Way committee can contact Sheila Hollidge at shollidge@conestogac.on.ca.



(Photo by Eric Murphy)

Conestoga remembers

Conestoga College's flag was lowered to half-mast for four days out of respect for those killed and injured in the tragic shooting at Dawson College in Montreal, Sept. 13.

OSAP woes can plague students

Incorrectly filling out forms can delay funds by a week or more

By DAVID ROGERS

The new school year is underway, and the last thing students want to worry about is not having enough money to get through the year.

Hopefully most OSAP recipients filled out their forms correctly; if not, they may be in for a surprise.

Paul Matresky, manager of financial aid and awards at Conestoga College, said, "Probably the most common problem is students show up here looking for their loan and they haven't done part of the process."

Each student and supporting individuals, parents or spouses if married, are required to sign declaration signature consent forms.

"If students haven't signed those forms and submitted them to our offices, then the loan doesn't print."

"A lot of students sometimes just forget that last step of the process," Matresky said.

"So they come here looking for their loan and it's not here."

"Another common problem is if there is supporting documentation required to back up something that they've put on their OSAP application, they don't submit that either."

Students should expect a delay of

one week or more for such errors to be fixed, and OSAP funds released.

"Until we tell the computer that all the conditions are satisfied," Matresky said, "it will not print the loan for them."

Hopefully most OSAP recipients have filled out their forms correctly, if not, they may be in for a surprise.

If you misreport your income, or the income of dependents on the original application form, that could also affect the amount of funds released in January.

"If, for example, they're not earning any money while they're in school and then when we question them further and they say they are and this is how much (they'll) be making over the time period, it could have a dramatic impact on how much OSAP they'll be getting for the subsequent release in January," Matresky said.

"Sometimes students don't realize how important that information is."

- Tyler Lemon, a third-year business management studies student at

Conestoga College, had major issues with OSAP last year.

"Last year I applied for OSAP and they granted me (about) \$5,000, and I got my \$3,000 at the beginning (of the school year)."

Lemon's OSAP problem started when he had an issue with a car he was trying to sell.

"I said I didn't even have (a car), because I wasn't driving it at the time, but they found out I did and they gave me a book value on it which was much more than it was actually worth. I went and got it appraised at a dealership, and brought in the new value."

At this point, Lemon's OSAP information began to change.

"A person at the financial aid office set up all these papers, put on my new car value, and then started asking me about if I was working during the school year and what not, and how many hours per week."

"In January I went to get my loan, and they didn't have one for me," Lemon said. "They said that there were information changes and I didn't fit the requirements to get any more money. No one had let me know about that, so I was just out of luck and had to put my books on credit."

He has had no OSAP problems

this year.

"I got it at the beginning, who knows what's going to happen in January."

Some students manage the OSAP paperwork well, but do not manage their funds well once they have the loan.

"Some students are tremendously good at budgeting, and some are not so good at budgeting," Matresky said.

Those students can be found in the financial aid office from the middle of November onwards, looking for more money.

"We don't generally advance on OSAP, because it's like robbing Peter to pay Paul," Matresky said.

"So we try and tide them over with some bursary funds we have here, if it's available, if it's a true emergency."

For those students who have trouble budgeting, Matresky and financial aid staff advise not to pay rent upfront for the entire year.

This also helps you if you have issues with your landlord, so you can withhold some money until issues are dealt with.

Matresky tells students, pay to the end of the calendar year.

"Then wait until January if you want to pay the rest out of your second instalment."

Now deep thoughts ...with Conestoga College

Random questions answered by random students

Describe your first kiss ...



"My first kiss was in kindergarten. We were in the sandbox. She was great."

*Josh Nagtegaal,
third-year
machining co-op*

"I was about three years old. We were watching My Pet Monster and my parents made us kiss so they could take a picture."

*Erin Freeman,
first-year law and security*



"Grade 6, Katrina Brinks, behind the portable."

*Tim Zierten,
first-year firefighting*

"My first kiss was at camp when I was 15. We were saying goodbye. It was complete silence for that one moment."

*Lindsey Langdon,
first-year
law and security*



"Kayla Newman. Grade 6 graduation party. We made out in the laundry room."

*Jeremy Howey,
first-year firefighting*

Smile Conestoga, you could be our next respondent!



(Photo by Brandon Walker)

CSI director Sheena Sonser (left to right), CSI VP Roxy Stanciu and director Amy Kunz keep an eye out for the needs of the students.

CSI changes create excitement

By BRANDON WALKER

The start of a new school year brings new hopes and expectations from Conestoga Students Inc. (CSI). There appears to be a buzz of excitement coming from the new CSI office, now located near the Tim Hortons on the second floor.

CSI's new central location is part of the reason for the excitement, said Roxy Stanciu, CSI's vice-president. "Our new location helps attract people. We're constantly getting students in now, whereas in the past, when we were located in the Sanctuary, we weren't as visible. Also, we're starting to get facial recognition with students because of the work we did at Orientation."

Matt Jackson, CSI's president, said they were lucky to get five students drop by in a month at the previous location. "Now, we're getting 15 to 20 drop by in a day," he said.

CSI is also excited about the new Student Life Centre. "We've put a lot of time and effort into it. We played a very heavy role in the planning of it," Jackson said it is tentatively scheduled to be open by the end of October. He said the bar-bistro won't open until at least November.

Another reason for optimism is the introduction of a completely new board of directors. The new directors are Caleb Bender, Laura Bingeman, Troy Brundle, Nicole Desousa, Tyler Fines, Amy Kunz and Sheena Sonser.

Brundle, a third-year broadcasting student, said he wants to make CSI's events larger than life. "Although I won't be partying, it's exciting to see the inner workings of the machine."

"I'd like to know more about the other campuses too. I want to make sure they're enjoying the college experience," he said.

"I'm also looking forward to helping students with the little problems like if they have issues with the food or with parking. I want to make sure everyone is happy."

When asked what Brundle thought would be different this year, he said, "People (on the board of directors) last year were friendly but this year we've got beef. We're here for the students, not to kiss

up." He reiterated that students shouldn't be afraid to come into the CSI office. "If you have a problem with anything, even if it's something CSI has done, I'd rather (students) come right into the office. We're (students') friends, too. That's what we're here for."

Fines, a second-year business marketing student, said he feels the board mentality is different this year. "We're a more social board with many different kinds of people. We're out here for the students, and we are the students."

Fines said he wants the college to be more social. "Education is an important focus too, but it's important for people to participate to get the most out of their time here."

He said CSI would use more marketing, as well as contests at events, to draw larger crowds. "We want to get away from the high school dance aspects, too. We want our events to be like college parties."

**"We're a more social
board with many different
kinds of people."**

*Tyler Fines,
CSI director*

Last year, CSI went through many changes to the executive. The year started with Justin Falconer as president and Leanne Bird as vice-president. Then, in November, Bird was disqualified from her position because her status at the college changed to part time; she was replaced by Jackson. In January, Falconer resigned in order to work for a local Liberal MPP, and Jackson took over as president. Andrew Mercier, a director, moved to the position of vice-president. Then, in May, Stanciu, also a director, became Mercier's successor as vice-president.

Stanciu said one of the most important parts of her job is communication. "Keeping the board members informed will help make a great board and a great CSI."

"I also want the students to know I'm here for them. I want them to come to me with issues because I'm really the bridge between what the students want and how it can happen."

New business degree program underway

By ANNELISE THOMPSON

Starting this fall students looking to obtain a business degree have more options than just attending university.

Conestoga College's School of Business now has a four-year international business degree program which college students can take in order to obtain an honors degree now, rather than a certificate said Frank Mensink, the associate vice-president of the School of Business.

The program has 26 students in its inaugural year, but Mensink said he is confident it will reach its target of 45 students in the fall of 2007.

Marketing the program came late last fall because the approval for the program came toward the end of October.

"The approval really came after our major thrust into the high schools," said Mensink. "so we are fairly gratified with the numbers we have now."

He also said it is important to remember that students graduating from a diploma program in 2008 may enter the third year of the degree program, which again will boost enrolment.

"A lot of students who are already in (business) diploma programs want to eventually go into a degree program," he said, "so this is an opportunity for people to enter a degree program right from their existing program, at the same location."

Another reason for business students to consider enrolling in the degree program is their advancement in the business world.

"There is a certain currency with degrees, and that in many situations in which a student wants to progress beyond mid-level, they may be required to have a degree," said Mensink.

A student who enters the degree program needs to be prepared for intensive study including a heavier course load and a lot more reading, said Mensink.

"But because the degree is a bachelor of applied business, the emphasis is on the applied part," he said. "This means that there will definitely be more theory than in our diploma program, but there will be a lot more applied knowledge compared to a university bachelor of degree program."

Current students interested in entering the international business degree program after graduation should contact Mensink at fmensink@conestogac.on.ca

CORRECTION

In the Sept. 18 issue of Spoke, a story incorrectly stated once the Student Life Centre opens CSI will no longer have self-serve areas.

CSI will continue to offer self-serve after the opening of the new centre.

Spoke apologizes for the error.

Closing the book on textbook turmoil

By HOLLY FEATHERSTONE

Conestoga College students continue to congregate in the bookstore, purchasing necessary course materials while utilizing the myriad of services provided.

Students fulfill their lengthy shopping lists, while taking advantage of the services in the Doon campus bookstore, including material availability, book lists and personal assistance.

First-year journalism student Jackie Allwood said the services are good, although some of the books required for her courses are temporarily out of stock.

"They should order enough books for the amount of students that there are," she said.

Allwood, who purchased her books on Sept. 14 to avoid the chaos during the first week, may have found her shopping experience more peaceful, but now has to do without some books for a while.

"Students are very friendly and very high energy and I really enjoy that."

*Vi Friend,
Bookstore clerk*

Allwood said the signs suspended from the ceiling are a useful indicator in locating the area designated to your program and said she had no problems asking for help.

"I know how to look for books and if they don't have someone helping, I can get somebody at the front, so they're pretty good about that," she said.

Similarly, second-year accounting student Danilo Jimenez said when asking for help, a little self-confidence certainly makes it all the more effortless.

"The services here are really good," he said.

Jimenez referred to his experience with the services last year as a first-year student, claiming it was occasionally difficult to find help.

"The first week was just hectic and sometimes it's hard to get to somebody," he said. "Maybe in the first week or so they could get more people to help the first years."

Jimenez, however, praised the implementation of the "book lists," as they are often referred to, as a useful service. The yellow lists are posted for each program, indicating the titles and prices of texts required for purchasing every year.

Despite such an informative service, Jimenez said he often overhears the typical student complaint: astronomical prices.

"I hear it all the time," he said. "People say 'I wasted all my money in the summer. I can't buy these books, they're so expensive.'"

Bookstore clerk Vi Friend said although students often complain about the size of the text versus the cost, books are a vital investment toward education.

"It's a matter of what is inside the covers," she said.

Friend, who helps students find their book lists and program area, said although it is normal for first-year students to feel overwhelmed, most students enjoy asking for help and second- and third-year students often manage on their own.

"Students are very friendly and very high energy and I really enjoy that," she said.

Friend said the bookstore typically has three to four clerks working on the floor regularly, with even more people recruited during the first couple of weeks of the semester.

She said students are a lot of fun and encourages them, whether they're first-year or not, to ask for help when they need it.

"Customer service is what we are about," she said.



(Photo by Megan Kreller)

Joan Tuchlinsky represented the Kitchener-Waterloo Sexual Assault Support Centre at Conestoga's Get Involved Fair on Sept. 13. Along with seeking volunteers she also sold handmade stained glass necklaces and rubber bracelets. All proceeds from sales supported the centre.

Students answer call to get involved

By MEGHAN KRELLER

Conestoga College's Get Involved fair was a fantastic start to a yearly tradition, said Leanne Holland Brown, student life co-ordinator for the college.

"I'm really excited about it and I'm really thankful people have been so supportive of new initiatives like this one," she said.

The fair was held on the second floor of the E-wing on Sept. 13. Twelve booths were set up profiling different opportunities for students to get involved in their on- and off-campus community. Most were volunteer positions, however, there were some paid positions open for application.

"The focus was on student leadership or volunteer positions," said Holland Brown. "Even the paid positions fell under the category of students serving students."

The fair was valuable for both the students and those present at the booths, said Holland Brown.

Organizations were able to profile their opportunities and students were able to get all their information in one place, she said.

One example of the fair's success was the students' response to Habitat for Humanity. The organization had also been showcased during Orientation and, by the end of the Get Involved fair, had 60 students sign up for volunteer positions.

"For me this really highlights students' interest in getting involved and their understanding of the benefits," said Holland Brown.

Joan Tuchlinsky was there representing the Kitchener-Waterloo Sexual Assault Support Centre (KWSAC), a modified collective always looking for new volunteers.

Tuchlinsky, KWSAC's public education co-ordinator, said she was thrilled with the response from Conestoga students both at the fair and at Orientation.

KWSAC presently has about 50 volunteers who, she said, have allowed the organization to

become, and remain, a success.

"I find our volunteers very passionate," she said. "They really help to shape who we are as an organization."

Although Holland Brown would like to see the fair expand in terms of participants, she said she was quite happy with the turnout and the support of the new initiative.

"This is how a culture of leadership and volunteerism gets established," she said. "It just builds year to year."

Holding the fair in the first two weeks of fall classes is the key to recruiting the most students possible, said Holland Brown.

"It's a really small window we have to connect students with these opportunities before they get busy and their timetables get filled up with other commitments," she said. "If they can factor them into their schedule early enough there's a greater chance they will be successful and remain committed as the year goes on."

New supervisor at Learning Resource Centre

By PEGGY O'NEILL

Most people at some point in their lives have to change schools or re-locate, and it can be an overwhelming yet exciting change.

Someone who has just recently gone through that chaotic time is the college's new Learning Resource Centre supervisor, Linda Schneider.

Schneider is originally from St. Catharines, where she attended Brock University and received her masters in environmental studies.

Schneider started out working at the University of Western Ontario as a librarian in the faculty library, but after a few years decided to transfer to Conestoga College.

"I really like colleges from the point of view that they have a very practical perspective on education," said Schneider.

She was doing the same type of job at Western as she is here at Conestoga, which is managing and

supervising staff, building resources for students and budgeting. One major difference is in terms of the size of the Learning Resource Centre and staff.

"This is my old library times 10," she said.

Schneider thinks the first couple of weeks are an education process for her. She's finding out what kinds of things the college already has and also where some gaps might be.

"I'm kind of taking stock at this point," she said. "I'm seeing what creative ideas the staff has, what they want to carry forward and where some of the gaps might be that we haven't tackled yet."

She also wants to continue building relationships with her fellow staff and the students. So far Schneider is loving Conestoga and feels very encouraged with all of the exciting changes going on around her.

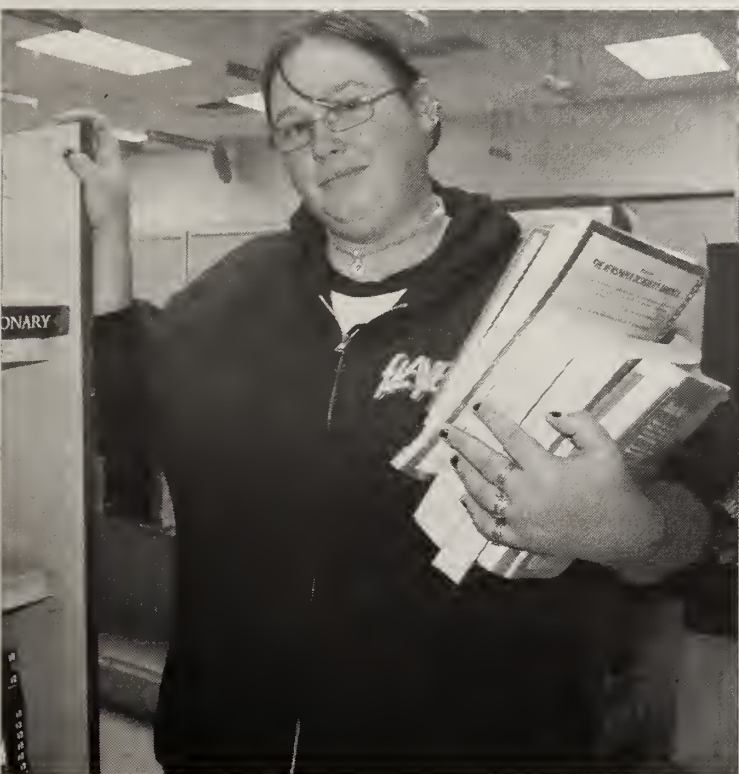
"There are always challenges

when you start a new position and the learning curve itself. But I love the energy and I think that is very motivating," said Schneider.



(Photo by Peggy O'Neill)

New Learning Resource Centre supervisor, Linda Schneider, is enjoying her first weeks here at Conestoga College.



(Photo by Holly Featherstone)

First-year journalism student, Jackie Allwood, appreciates the services at the bookstore, yet is frustrated by the fact some of the books she needs are out of stock.

Hollywood needs to take a lesson in timing

How soon is too soon?

Five years after 9/11 Hollywood has released one blockbuster right after the other commemorating those who were lost in the tragedy.

Five years is too soon.

For Hollywood to make millions off a tragedy that affected and is still affecting so many lives today is insensitive, not to mention, completely wrong.

The whole fiasco started in 2004 with the release of *Fahrenheit 9/11* directed by Michael Moore. The documentary depicted Moore's view on what happened to the United States after 9/11 and how he believed the Bush Administration allegedly used the tragic event to push forward its agenda for unjust wars in Afghanistan and Iraq.

In 2006 *Flight 93*, *United 93* and *World Trade Center* were released. Both *Flight 93*, directed by Peter Markle, and *United 93*, directed by Paul Greengrass, depicted the events that took place on the United Airlines' plane, one of the planes hijacked on 9/11 that crashed near Shanksville, Pa. when passengers foiled the terrorist plot. *World Trade Center*, directed by Oliver Stone, told the true story about two Port Authority police officers, John McLoughlin and William J. Jimeno, the last surviving rescuers extracted from Ground Zero.

How can making money off a tragedy, as Hollywood is trying to do, be seen as a good act? The films *United 93* and *World Trade Center* both contributed a percentage of their ticket sales to memorials and charities connected to the tragedy.

Giving proceeds to charity does not justify making these movies, especially since many remember 9/11 as if it was yesterday. There is not even a monument of remembrance where the towers once stood to pay respect and honour those who were lost that day. There are, however, already movies making millions and forcing the wounds of 9/11 to be reopened even before they have had a chance to heal.

After Pearl Harbor, it took Hollywood almost 30 years to make *Tora! Tora! Tora!*, a feature film about the attack and a total of 60 years before the blockbuster starring Ben Affleck and Josh Hartnett came out.

Or take for example the movie *Titanic*. Quite tacky with the unforgettable scene of Leonardo DiCaprio standing at the bow of the ship shouting "I'm the king of the world" compared to the real tragedy, but at least the film was not released until 2001, 89 years after the ship had sunk.

It is imperative for Hollywood to make films commemorating historic events so we can remember those who were lost in tragedies like 9/11, but it is especially imperative to give the world time to heal.

Hollywood needs to stop thinking with its wallet and start thinking with its heart.

"Hollywood needs to stop thinking with its wallet and start thinking with its heart."

Tara Ricker,
production manager



Celebrities above the law

The caste system that is present in world society allows celebrities to get away with anything. Those who are in the limelight or hold special talents have the upper hand with authorities.

People have allowed this for decades, however, now it is more prevalent and making headlines.

Are celebrities trying to see how far they can go?

Recently A-list actor, Mel Gibson, was pulled over for impaired driving. He then started spouting anti-Semitic slurs. What penalty did he receive? He said sorry to the Jewish community and to the officers involved. He also was given three years probation, was fined \$1,300, had his licence suspended for 90 days and was ordered to attend Alcoholics Anonymous meetings.

If he was a common worker there would have been more severe actions.

Socialite Paris Hilton was pulled over for impaired driving while on her way to get a burger. An article on BBC online on Sept. 8 said, Hilton was only taken to the police station, she said, because "There was a lot of paparazzi around, so I think they wanted to make a statement. They even said,



Jessica Blumenthal

Opinion

"There's people watching, we don't want them to think we're giving you special treatment." I totally understood. I was in there 15 minutes and out."

It seems like Hilton knows the Hollywood game.

It has also been played in Toronto. In the past month, two celebrities have stirred the pot by violating the Smoke-free Ontario law.

Dave Chappelle and Sean Penn were both seen smoking in Toronto. Chappelle was smoking a cigarette while performing a stand-up comedy routine, while Penn was smoking during a press conference. The hotel now has to pay the fines for Penn lighting up. Is it possible the hotel didn't inform Penn about the law because he's Sean Penn?

Even Scotland is allowing stars to light up without penalties. Keith Richards wasn't fined for smoking

during a Rolling Stones concert in Glasgow. Richards was just exempt from the law.

So are stars ever treated like the general public?

They aren't when it comes to impaired driving charges or even murder charges.

In 1994, the O.J. Simpson trial caused many people to question how much power celebrities hold in their hand. Who knows if Simpson murdered his ex-wife. However, if it was just some Joe Nobody, would that man be in jail for first-degree murder?

Not all cases of celebrities being above the law involve murder. Supermodel Kate Moss's boyfriend, rocker Pete Doherty, avoided a prison sentence after being tried for five drug offences.

Moss has made headlines because of her cocaine addiction. She managed to escape being a convicted criminal for lack of evidence. How much evidence do the authorities need to convict celebrities?

It's as if everyone allows celebrities to be the poster children for criminals. Well, in the end all that can be said is kudos to the stars. They somehow managed to use their talents, rise above everyone else and get away with everything.

Letters are welcome



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No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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OCTOBER 12TH, 2006
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Teachers get on board for students

By JASON SHERRITT

Conestoga College has been voted the number 1 college in Ontario for the eighth straight year in the Key Performance Indicator survey and it's no wonder why. Conestoga's program co-ordinators and professors are really in tune to students' needs and do all they can to make sure students graduate and find jobs.

James Phillips, co-ordinator of law and security administration, and Carolyn Harrison, co-ordinator of police foundations, attended a recruiting mission aboard the HMCS Fredericton, a multi-role patrol frigate in the Canadian Navy.

The Fredericton weighs 4,750 tonnes and is nearly 450 feet long. It can reach speeds of more than 30 knots, which is around 55 km/h. It contains accommodations for 239 personnel, is host to a CH-124 Sea King helicopter and carries torpedoes, missiles and guns.

The focus of their trip was to gather useful information for the students in their programs.

Phillips and Harrison attended a reception on Sept. 14 on the Fredericton in Hamilton Harbour where they had a chance to speak to a wide variety of the crew, from the captain to ordinary seamen. Phillips said Harrison and himself made it a point to ask each member which school they went to, what program they took, how long they had been in the navy and how long

they expected to stay.

"We found a very wide range of education ranging from just high school to college, law and security administration, police foundations and electrical engineering, to university degrees in criminology and political science," said Phillips. "Overall, the members were very happy to be aboard this ship."

"We did learn that the Canadian Forces in general are very concerned with their members' quality of life and have instituted a number of programs and policy changes to ensure a standard of living and working."

*James Phillips,
co-ordinator of law and
security administration*

The next day, Sept. 15, at 7 a.m. Phillips and Harrison boarded the ship again, this time to take part in a voyage across Lake Ontario to Toronto Harbour. Leaving the docks was very exciting said Phillips.

"The ship pushed off from the dock and then turned to salute the Haida, a tribal class destroyer, which is a historical attraction in Hamilton Harbour," said Phillips.



(Photo by Val Frankis)

James Phillips, co-ordinator of law and security administration, and Carolyn Harrison, co-ordinator of police foundations, received an up-close-and-personal look at the Canadian Forces while participating on a recruiting mission aboard the HMCS Fredericton.

"The Fredericton gave a two-gun blast and then we were off."

On the way, the Fredericton went through some manoeuvres, showing Phillips and Harrison high speed turns and a rescue demonstration of a man-overboard drill. After the showboating, Phillips and Harrison were treated to a full access tour of the frigate. They got to witness the crew in action on the bridge and in control rooms, all the while asking questions about their job and life.

Many members are married and told Phillips and Harrison that technology has allowed them to stay in constant contact with their partner.

The ship is equipped with e-mail access and the Canadian Navy provides each member with phone cards to call home on a regular basis said Phillips.

One thing the captain of the ship told Phillips and Harrison was that the Navy was taking part in a recruiting mission because of the fact that it is very difficult for people in Ontario to have a perspective of the Canadian Navy when residents have very little contact with ships or personnel, unlike major port provinces like Nova Scotia and British Columbia.

"We did learn that the Canadian Forces in general are very concerned with their members' quality of life

and have instituted a number of programs and policy changes to ensure a standard of living and working," said Phillips. "One of the greatest examples of the new quality of life is the increase in pay."

In the Canadian Navy, a full pension can be achieved after only 20 years he said.

"I was impressed with how candid the crew was with us and really appreciated the opportunity to ask the real questions our students would be interested in."

One example Phillips relayed was, where else could a graduate find a job for life the day after graduation and in just a few years be making over \$50,000 a year?

Are video games responsible for violence in today's schools?

By ALLISON STEINMAN

A man enters Montreal's Dawson College and, in a barrage of gunfire, kills one and sends 19 others to hospital before committing suicide. Since then people can't help but ask themselves if Kimveer Gill's love of violent video games such as Postal, which has the protagonist going on a shooting spree while completing daily errands, played a role in the incident. A first-year police foundations student is surprised at the idea.

"Video games have nothing to do with it," said Brittany Swartzentruber. "We might just have to accept the fact that the guy was messed up."

Two fourth-year nursing students disagree, saying that it has to do with individual tendencies and interpretation.

"Video games have nothing to do with it."

*Brittany Swartzentruber,
police foundations*

"Some people can play a video game and be fine, and some people just can't," said Samantha Dykstra and Katelyn Hamilton. "He may have interpreted it wrong."

According to a study outlined by Grace Shin on the website <http://serendip.brynmawr.edu/bb/n>

euro/neuro03/web2/gshin.html, completed by psychologists Karen E. Dill and Craig A. Anderson violent video games are found to be more harmful in increasing aggression than both TV and movies. The study showed that young men are especially vulnerable.

However, a video game store employee who is an avid gamer himself said he is unaffected by the games he plays and doesn't worry about selling them to customers.

"I've been playing since I was four or five years old and there isn't an aggressive bone in my body," said Matthew Weber who works at X-treme Play located at 347 Erb St. W. in Waterloo. "It's about the player, not the game."



Thank you for making
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A huge thank you to the Conestoga
community for helping to ensure a positive
and successful Orientation 2006!

We are also thankful to our sponsors for
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Orientation Steering Committee 2006



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Monday, October 30th- Friday, November 10 - MEDIA LIBERAL STUDIES

Monday, November 13th – Friday December 1 - ENGINEERING TECHNOLOGY

Monday, December 4th – Friday, December 15 - INFORMATION TECHNOLOGY

Monday, January 8 – Friday, February 2 - SCHOOL OF BUSINESS

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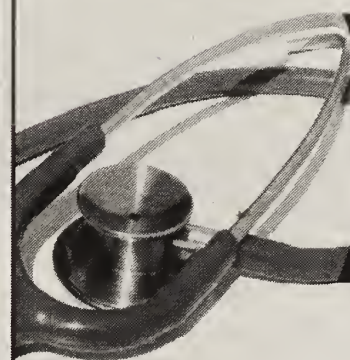
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The deadline to opt out is September 29, 2006.
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CONESTOGA
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Where have all the tradespeople gone?

By LEANNE MOUNTFORD

Toilet clogged? Light fixtures not working? Broken car? Need a haircut? There's plenty of work to be done, but where are all the people to do it?

As the demand for tradespeople in Canada rises everyday, the amount of people going into trades is on the decline.

There is a lot of job satisfaction in the trades and a lot of pride in workmanship, said Greg White, chair of trades and apprenticeship at Conestoga College, Doon campus.

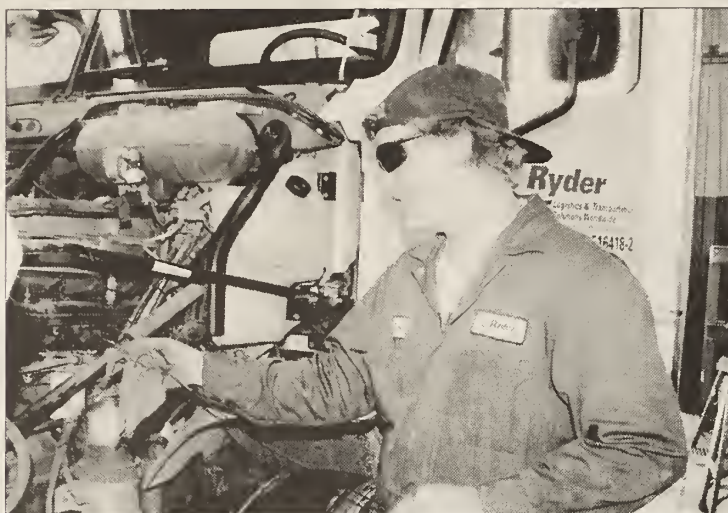
"I don't know of any tradespeople who feel guilty about picking up their paycheques," he said.

Somehow, we have to get the young people to see the trades as a viable career option, said White, who is a general machinist by trade.

A lot of parents have a misconception about trades being heavy, physical labour and unsafe environments, said White, who has been working at Conestoga College for eight years.

"Most machinist shops nowadays look like laboratories. With health and safety laws, typical job sites are a good, safe place to work. If tradespeople are working outside, they are well protected from the elements and well compensated for putting up with some discomfort," he said.

Tyler Mould, who has been an employee at Ryder Canada Cambridge for two years, said he



(Photo by Leanne Mountford)

As the number of young people getting involved in the trades is decreasing, Tyler Mould says he enjoys his job as a truck mechanic.

really enjoys his job as a mechanic.

The best thing about being a mechanic is job security, he said.

"There's always going to be trucks, and they're always going to be broken," said Mould.

One of the biggest reasons why there is a lack of people in the trades is because of the difficulty in accessing an apprenticeship, said White.

A person may want to be an apprentice but may not be sure of what's required to become a successful apprentice, he said.

According to White, there are four ways of accessing an apprenticeship.

1. A family connection. If a fam-

ily member is a plumber and has his own plumbing shop, he may take on a son or daughter and train that person. The disadvantage in this is that they don't necessarily have any secondary school education, and it's hard to discharge a family member if he or she isn't working out because of the personal connection.

2. Out of high school. In Grade 9 or 10 students could take a broad based technology course, and then they can take a specialty course in Grade 11 or 12. After that, they go knocking on 150 doors and see if someone will hire them based on their high school transcript. There is also the Ontario Youth

Apprenticeship Program which is an unpaid co-operative for a young person to gain experience. However, there can be barriers. High school students may not meet the age requirements to work at some places, and because they are young, they may not be focused or mature enough for the job.

3. Post-secondary programs. A person may sign up for a two- or three-year post-secondary certificate which would give them a lot more skills to bring to an employer. They receive the same curriculum as an apprentice but are not registered as an apprentice.

4. The fourth way in accessing an apprenticeship, which White says is the first clearly defined pathway, is the co-operative diploma apprenticeship model which Conestoga College helped pioneer.

This model has only been around for the last three years. It started in machining trades and is presently being used in the millwrighting, electrical and chef trades, said White.

The co-operative diploma apprenticeship model is arranged with a consortium of local industries where the people apply as if they are going to a regular post-secondary program. If they get accepted, they are registered to a consortium as an apprentice. They attend school for two or three semesters depending on which trade they are in. Then they go to work for 12 to 16 months as a paid apprentice. After that they return to school for one or two semesters.

Once finished, they've completed their apprenticeship in-class training and their requirements in the province of Ontario for a technician diploma, said White.

Employers need to be convinced to take on more apprentices. There are incentives for employers to take on more apprentices such as federal and provincial tax credits for some trades and flexible delivery by the colleges, said White.

With the co-operative model, the employers love the apprentices; they have lots of background and lots of experience, he said.

The apprentices are the future of these companies and the co-operative model should make things easier, he added.

Save a life

By JESSICA BLUMENTHAL

The second annual blood donor clinic held as a memorial for a Conestoga student who died in January 2006 will be held Sept. 26.

Conestoga Residence and Conference Centre is holding the clinic for William Walker, a woodworking student who died of a seizure.

Walker couldn't give blood, which is why the clinic is being held in his memory.

The clinic will be held at the residence, 55 New Dundee Rd., from 2 to 8 p.m.

Off to a record-breaking year

By VANESSA BUTLER

The Alumni Association's monthly magazine received plenty of praise at a provincial conference.

The first annual meeting of the Alumni Association took place on Sept. 11. Many board members were in attendance for what turned out to be a productive meeting.

The Alumni board, which is made up of people who are all Conestoga graduates, got right down to business, jumping into the treasurer's report, given by Mike Shipley, who is treasurer for the Alumni Association.

"Last year we had a projected budget of \$40,000," said Shipley. "This year, we have increased our funding by \$10,000, to \$50,000."

Shipley said the increase comes from more investing and donations being made to the college. At each meeting, the board reviews the itemized budget provided by Shipley and suggests improvements that can be made.

The next topic at the meeting was the Ontario Alumni Association Conference "Building a Legacy" at Brock University, attended by a number of board members. One of the highlights discussed at the meeting was the Connections magazine that was distributed at the conference. Connections is provided by the Alumni department at Conestoga. The magazine got great reviews at the conference, with many people giving the magazine much praise for its depth and design.

"We had the best magazine out there," said Glenn Campbell, president of the Alumni board and a 1974 graduate of the woodworking program. "It's nice that we're producing one of the best magazines." The board was proud of the fact that they received many compliments from both Brock and York universities on the magazine.

"This year, we have increased our funding by \$10,000 to \$50,000."

Mike Shipley,

Alumni Association treasurer

Next the board heard from Troy Brundle, the CSI representative on the Alumni committee. Brundle shared an update on the progress of the new CSI location and Student Life Centre which is expected to be completed by mid to late October. As well, Orientation was a huge success with many students interested in joining first year council. Brundle also said the turnout at the Pond Party was a great, adding the students were eager to get involved and participate.

Mary Wright, an administrative representative with co-op and career services at the college, was next to give her report. She said enrolment statistics are very promising at this point. "As of today, we have 3,290 first-year students enrolled which is up from last year by 10 per cent. Overall, our full-

time student enrolment is at approximately 7,471 students."

Wright also announced that career services is sponsoring an on-campus job fair taking place on Oct. 18, from 10 a.m. until 1 p.m. in the E-wing with the focus being on part-time and seasonal employment. Thus far there are 45 employers registered for the fair.

The alumni board then heard from Monica Himmelman, the alumni relations and annual fund officer, who delivered news on some upcoming events. Himmelman said the new Waterloo campus at 108 University Ave. E. is up and running and an official opening is being planned for later this fall. As well, the Welcome Home award has 18 applicants so far with many more expected to apply. CJIQ has offered to do some live advertising regarding the award to give it more exposure. "Financial aid has been very helpful," said Himmelman.

Another upcoming event discussed at the alumni meeting was the second annual alumni athletic golf tournament. Himmelman said this event is filling up nicely with more registrations than last year. The sponsors for this event will once again be Johnson Inc., which is considered a very important partner to the college and the Alumni Association. She also said for the first time CSI will be getting involved in the action.

The next alumni meeting is scheduled for Oct. 2, with the annual general meeting taking place on Nov. 6.

Success in smaller classes

By BECKY SHARPE

The union that represents Ontario college faculty hopes smaller class sizes will mean greater success for students and teachers in September 2007.

The Ontario Public Service Employees Union (OPSEU) believes smaller class sizes will ensure students become comfortable with their courses and their peers.

Also, teachers will have more one-on-one time with students, which will mean a better understanding of the course content.

Walter Boettger, president of OPSEU Local 237, which represents Conestoga College faculty, agrees with smaller class sizes being a benefit for students.

"I feel very strongly that smaller classes do benefit students, it allows more interaction in the teaching hours," said Boettger.

Not every student runs at the same pace or in the same way so it allows faculty to have a diversity of teaching styles or methodologies so that they can capture every student in those hours, he said.

"As class sizes increase the amount of time you can give to each student diminishes," said Boettger.

"Lab classes have a safety issue involved with larger classes," he said.

OPSEU would like class sizes to be around an average of 30 to 40 students in first year and through attrition it is expected that classes will average in the 20s by third year, he said.

"We don't want to lose the students who may be at risk and learn in different ways," he said. "We want to keep them on track and keep them in the system."

Dylan Taylor, a first-year student in woodworking technology, believes smaller classes would bring a more positive learning environment.

"I think that's pretty good, it brings everyone closer together so we can focus better," said Taylor.

College is a time to do work, if the teacher is there then it assures students can be successful with their work, he said.

Justin Birch, a first-year student in advertising, feels that his class is not too big but the smaller classes would still help regardless.

"It seems like some people are not really focused and they don't really want to be in the program anymore, so making the classes smaller may actually weed out some of those people," said Birch.

Waleed Azizi, a first-year student in business materials operation, does not like that his class has around 40 students in it.

"The seats are taken up and you have to sit at the back where it's harder to hear the teacher," said Azizi.

With a smaller class size the teachers could be easily reached because they don't have the whole class to go through and it's a smaller group so students receive more detailed answers, he said.

"My class would be much easier to concentrate on and be more successful in if we only had 20 students," said Azizi.

CJIQ brings a variety of tunes to the airwaves

By BJ RICHMOND

CJIQ is on the air as another school year kicks off at Conestoga College.

CJIQ-FM, which is also known as The Condor, broadcasts a conglomeration of adult contemporary music and up-tempo, original programming directed toward the students of Conestoga College. Named after the college's sports teams, The Condor offers students in both the broadcasting - radio and television and the journalism - print and broadcast programs a chance to produce their own radio shows in order to gain experience in their fields of study. However, students of the college are not the only personalities who can be heard on the station.

Mike Thurnell, program director of CJIQ as well as co-ordinator of the broadcasting - radio and television program, said although the station likes to see students fill the open time slots in CJIQ's schedule, there are also shows run by volunteers in the community who are not students. "We're (CJIQ) open to everyone."

For example, The Polish Review and Church with a Twist, which air every Sunday, are produced by people in the community who feel there is a need to have these shows on the air. Some of the programs that are also currently on the air were created by students who have graduated from the broadcasting - radio and television program in the past, but continue to run their shows. Aside from outside volunteers and graduates, CJIQ also receives proposals from students outside of the broadcasting and journalism programs, who want to run their own shows.

Whether it is a show run by students, graduates or volunteers, Thurnell said the process the station goes through to select their programming is the same for everyone. The first step that must be taken toward getting a show selected to be aired on CJIQ is to create a program proposal. This proposal must outline the general idea of the show, including the nature of the program, whether it will be a talk or music show, the people who will be hosting it and its benefit to both the community and CJIQ as a whole.

Once the program proposal has been put together, it must then be handed in to either Thurnell or the CJIQ co-ordinator, Paul Scott. Together, Thurnell and Scott review the proposals and look for certain criteria the show must contain. Thurnell said one of the criteria he looks for is whether or not the people producing the show are qualified to do so. "We like to know a bit about the people who are producing the show. Have they had experience? Are they technically capable of doing the show?"

Thurnell and Scott comb through the proposals to find the programs that are creative and original. Thurnell said CJIQ wants to have a variety of programs on the air, hence, if there is a show currently on the station that is similar to one being proposed, that proposal will not likely be chosen. Beside the programs CJIQ currently airs, the programming of other radio sta-

tions in the community are also taken into consideration. For example, if there is a proposal to run a soft rock show, Thurnell said he and Scott decide how different it will be from what is being offered on CHYM-FM. "We don't want to compete with other stations. That's not what we are here for."

Thurnell and Scott also give certain program proposals more attention if they will help them fulfill the station's licence commitment to the Canadian Radio-television and Telecommunications Commission (CRTC).

For example, CJIQ is required to have a certain number of hours that are dedicated to specialized and classical music. Thus, Thurnell and Scott specifically look for these types of programs in the proposals they receive: "If someone were to come in and propose a jazz show, that might get more interest than someone who's coming in asking to do a hip-hop show," Thurnell said.

The final, and most important, aspect of the show Thurnell and Scott look for is whether there will be an audience for it or not on CJIQ. If the program proposal has been approved, Thurnell and Scott then require a demo be put together for the show to obtain its final approval to go on the air.

Thurnell and Scott are currently in the process of reviewing new proposals and selecting those which will fill the open time slots on CJIQ. Thurnell said although proposals come in to him fairly steady throughout the school year, he receives a lot of them in September. "Our doors aren't being knocked down with proposals, but we do get quite a few over the year."

CJIQ differs from other college and university radio stations because it is a commercial station that is being used as a training ground for professional commercial radio stations. Compared to CFRU (University of Guelph) and CKMS (University of Waterloo), which are owned and operated by the student unions of the universities, CJIQ is owned by the college itself, and it is embedded into the programs of broadcasting and journalism. "Our approach is very different. We treat it as if it were a commercial radio station, a commercial enterprise," Thurnell said.

CJIQ also belongs to the Canadian Broadcast Standards Council (CAB), hence they are very concerned about content of their programming and how they present themselves. Thus, profanity, racial comments and references to violence against anybody are strictly prohibited.

Before CJIQ made its debut in 2001, Conestoga College had a closed circuit radio station that could only be heard in the lounge and cafeteria of the Doon campus. In November 2005, the college made an arrangement with the Canadian Broadcasting Corporation (CBC) to receive a donation of a frequency they were no longer using. The station is classified as instructional by the CRTC and it broadcasts on 88.3 at a power of 4,000 watts from the Global Television tower in Paris, Ont.

This frequency takes CJIQ's signal as far north as Mount Forest and as far south as the Lake Erie

shoreline, broadcasting through most of southern Ontario, and completely blanketing Kitchener, Waterloo, Cambridge, Guelph, Brantford, Stratford and Woodstock. The Condor has been on the air for more than five years, after officially launching on Jan. 8, 2001.

Some shows that started at other radio stations, such as CFRU or CKMS, jumped over to The Condor because of the large range of coverage. At this time, other shows original to CJIQ began as well. Some of these shows are still on the air after five years. These long lasting radio programs include the hard rock show, Field of Rage on Friday nights and Thurnell's Songs from a Quiet Place, which airs Sunday afternoons.

Since its conception, CJIQ has seen many shows come and go. One

particular show that made its debut about a year ago, and is still currently on the air, is Pop World. The show is hosted by two third-year broadcasting - radio and television students, Cole Nayler and Joanna Gage. Nayler said he and Gage got the idea for the show when they realized they had a similar interest in music. "We play pop music and we basically talk about all the latest entertainment news."

Aside from playing music and keeping their listeners up to date with all the Hollywood gossip, Nayler and Gage also promote upcoming concerts around the Toronto area. "We really pump people up to come to the GTA."

Pop World originally aired Saturdays, but was moved this year to Friday nights between 6 and 7 p.m., after the time slot became

available. "We try to play upbeat, fun music. It's Friday night and people don't want to be in a bad mood for Friday," Nayler said.

Nayler said he believes Pop World was chosen to go on the air for a few reasons. The first reason was CJIQ was mainly playing new rock at the time Nayler and Gage proposed Pop World, so the show added to the diversity of the station. "We knew that there was no pop type shows on there (CJIQ)," Nayler said.

Nayler said the second reason Pop World was chosen was because he and Gage have a good chemistry together, which showcased that they could work well together on a daily basis.

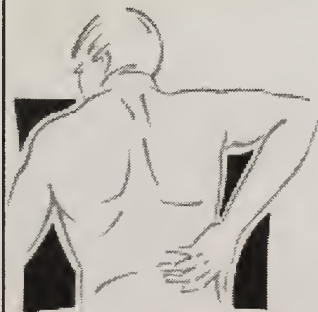
"It is fun, but we make it fun because that's the type of work we enjoy," said Nayler.



(Photo by Adam Hannon)

Picking up the pieces

Debris covered the road after a two-car accident at the corner of Homer Watson Boulevard and Doon Valley Drive on Sept. 13. No one was injured in the accident.



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(Photo by Annelise Thompson)

Enjoying Local Motion

Shelby Cowles, 4, of Kitchener, enjoys getting her face painted at the Car Free Day/Local Motion Festival, held at Victoria Park on Sept. 17. At the event, Hunter MacIntyre and his dad Shawn (right) build a puzzle. Residents could also skateboard, rollerblade and ride uniquely designed bikes.



Fairview Park Mall gets a makeover

By STEPHANIE IRVINE

Renovations are underway at Kitchener's Fairview Park Mall in an effort to re-invent the centre, according to one mall administration official.

Stephanie Massel, senior director of property marketing for Cadillac Fairview, said, "It's like Christmas every day walking into the mall and seeing all of the changes. It's real-

ly exciting."

Fairview Park Mall, built in 1966, has only seen two major renovations, the last in 1986.

"Our development department has been monitoring the needs of this centre and the local retail environment for some time, and felt that it was time to go ahead with the update," said Massel.

The \$33.4-million redevelopment project began this August, but dem-

olition by Ellis Don Construction didn't start until last week. Completion of the project is expected in August 2007.

Massel said features of the refurbished centre will include new landscaping and redesigned main entrances outside, while inside shoppers will see new ceramic tile floors, new general and decorative lighting, new common area seating and an expanded food court.

"Tenants are really excited about the changes," said Massel. "They've been waiting awhile for this."

Tina Rouleau, manager of Rogers Plus, said the renovation can only improve overall business.

"Newer malls always seem to bring in more traffic," she said. "They also tend to bring in wealthier customers."

Rouleau said mall administration has done a great job of ensuring tenants are well-informed, as well as keeping disruptions to a minimum. She said her only concern is the timing of the project.

"I think that this is a very bad time to be doing the renovations because Christmas is the busiest time of the year," she said. "I think that they should have waited until after the holidays."

Students brave weather to party with a Deadman

By KRISTIN GRIFFERTY

Heavy rainfall and cold autumn temperatures helped separate the fans from the diehards at the Theory of a Deadman concert Sept. 12.

Conestoga Students Inc. hosted the outdoor event in parking lot two for all those who were willing to brave the elements.

With the weather at an unseasonable low of 13 C, students layered up and took cover under umbrellas to keep warm and dry.

Band members were fortunate enough to play under a protective canopy.

The rock band played for the wet crowd, singing hits from their newest album, Gasoline.

Popular songs like Santa Monica,

No Surprise, Since You've Been Gone and Make Up Your Mind kept the crowd energetic and singing along.

Those in attendance were oblivious to the weather, as the smaller crowd gave the concert a more intimate atmosphere.

Students were able to get up close and pretty personal to singer Tyler Connolly, guitarist Dave Brenner and bassist Dean Back.

Police officers, security and concert staff were able to control the boisterous crowd both in and outside the Molson beer tent.

Concert-goers pushed their way to the front, trying to break through the wall of security. Crowd surfers were part of the lucky few to make it to the front as they spilled over

the crowd into the awaiting arms of security and medics.

Lindsay Silva, the event planner for CSI, said that although Mother Nature wasn't on their side that night, the rain did not stop students from attending.

"(The rain) didn't affect it all really," said Silva. "The band didn't mind playing in the rain as long as there wasn't thunder and lightning."

Second-year firefighting student Cody Gray said he came for the great band despite the poor weather. "They're sexy!" said Gray, of Theory of a Deadman.

Steve Burgess, a second-year police foundations student, said the band was great and that the turnout was quite impressive considering the weather.

His friend, Bradey Carbert, agreed, saying it was a pretty decent concert.

"(I came because) I didn't want to waste the ticket," said Carbert. "I'm from a small town so I don't get to see big bands like this."

Tickets cost \$10 prior to the event, and \$12 at the door.

Small town or not, CSI said 1,800 tickets were sold to the concert, and 1,400 people were in attendance.



Tyler Connolly, lead singer of Theory of a Deadman, rocked out in the rain in the parking lot of Conestoga College on Sept. 12.



Dean Back, bass guitarist of Theory of a Deadman, acknowledges a soaking wet crowd at Conestoga College.



Right: About 1,400 students gathered in Lot 12 to watch Theory of a Deadman perform in the rain.

Photos by
Kristin Grifferty

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Imagine the beauty of Imagus

By TIFFANY MCCORMICK



(Photo by Tiffany McCormick)

First-year nursing students (from left) Vanessa Somos, Brianne Berry, Nicole Walters and Amie McKay gaze at a poster by Anderson at the annual Imagus poster sale. The event took place in the Sanctuary on Sept. 18 and 19.

Beat stress before it beats you

By SUMMER MCPHEE

This is a busy time of year for a lot of people and what I think is difficult for many of us is that we all have stress from a lot of different sources, said clinical psychologist Dr. Vibike Vaerum.

"We all experience many stressful situations," said Vaerum. "What probably is most challenging for us is that we often can't really control the people or the events that are directly involved in our stress."

Vaerum, who lead a seminar at the Kitchener Public Library on Sept. 14, discussed what happens in the body when it's under stress and tools for coping with it.

"What I'm hoping to do today is to give you some tools so that you have something that you can do immediately and will allow you to feel empowered in how you are responding to stress," said Vaerum.

She said that in any situation that feels very emotionally charged or threatening to us, the body goes through something called a fight or flight reaction.

"A fight-flight reaction is just the body's way of preparing itself to deal with stress by defence, fighting back or even running away," said Vaerum.

She said the body's nervous sys-

tem is actually wired to do this for the purpose of survival in dangerous situations.

"It becomes problematic when we can't control the fight-flight reaction and it starts to control us," said Vaerum. "This reaction kicks in whenever we or our egos feel intensely threatened, even when there is no direct danger facing us."

She said this reaction speeds everything up so the nervous system kicks into high gear, which involves both physiological and psychological hyper arousal.

"On the physical level what you're experiencing is that your muscles instantly get tense, on an emotional level you're probably experiencing very strong emotions like anxiety, terror, anger and possibly even rage," said Vaerum.

"We all have stress from a lot of different sources."

*Dr. Vibike Vaerum,
psychologist*

She said the body also releases a large amount of stress hormones such as adrenaline.

"What happens with adrenaline is that your sense of perception is

heightened so you might feel like you are very alert and upset at the same time," said Vaerum.

The oxygen intake increases because when this flight or fight response is triggered you're engaging a lot of fast but very shallow breathing and the output of the heart jumps four to five times, she said.

"One typical way we cope with stress and anxiety is suppression of the fight-flight reaction. One of the things that we know now from research evidence is that if we suppress our stress, our body starts to forget how to shut off this fight or flight response and as a result it causes an imbalance in our system."

She said this can result in health problems such as increased blood pressure, cardiac arrhythmias, digestive problems, headaches, sleep disorders and chronic anxiety.

"If you have some of these chronic problems then that contributes to more stress and before you know it you have this vicious cycle," said Vaerum.

If a person has a lot of stress and he or she doesn't release it and just attempts to get rid of it by working too hard, eating too much or using substances, it may help us feel good in the moment, but will not take care of the long-term stress.

She said that we have far more resources for facing our stress and our problems than we actually know we have.

"The key is to stop automatically reacting to stress and start consciously responding to it," said Vaerum. "This involves being aware of having a fight-flight reaction and then putting efforts into interrupting it before it takes over or leads to chronic problems."

Vaerum said there are two different strategies for how to induce what is called a relaxation response, which is a very deep form of relaxation that reverses all of the effects of the flight or fight response.

"It's a lot deeper form of relaxation than lying on the couch and

watching TV," said Vaerum. "Once we have this flight or fight response we really need deep relaxation to stop it all."

Vaerum said the first tool is breathing, placing one hand on the chest and one hand on the abdomen, take normal breaths in and making breathing out slower and longer than usual but continuing to breath until the abdominal muscles have squeezed out all the air and keep alternating this way.

"It's one of the very first things we teach to people who have really strong anxiety or panic because it shuts off the flight or fight response completely within four or five minutes," said Vaerum. "It is very effective and once you know how to do it without using your hands you can do it discreetly in any situation while you're feeling stressed without anybody even noticing."

Vaerum said the second tool is mindfulness meditation which involves focusing your attention on an aspect of your experience, and adopting a calm, gentle attitude toward your experience even if it is unpleasant.

"We induce this relaxation response when a person is feeling stressed just like the breathing but it is especially good if he or she is having very intense and very unpleasant emotions," said Vaerum. "Any time we feel bad we just don't like to focus on it and meditation is actually asking you to do the opposite of that."

Ryan Beckwith, a third-year management studies student at Conestoga College, said that for the most part his stress comes from school and his work environment.

"When I am put into a stressful situation my nerves get very bad and I become fidgety," said Beckwith. "I find that I get a temper and that I overreact to the smallest situations, causing others around me to feel uncomfortable."

Beckwith, who works in the home theatre department at Future Shop, said if his stress is work-related he will leave the sales floor and take a seat in the lunch room until his nerves calm down.

The Imagus poster sale made its mark last week as a multitude of posters filled The Sanctuary, attracting students with recognizable characters, movie titles and bands.

Posters are an inexpensive way for students to decorate their rooms, ranging in price from approximately \$5 to \$30.

Television shows such as The Family Guy, The O.C., One Tree Hill, CSI, The Simpsons and Friends were represented as well as movies like The Breakfast Club, American History X, Kill Bill, Brokeback Mountain, Scarface and The Wedding Singer.

Music posters were also in high supply with The Beatles, The Doors, Led Zeppelin, the Foo Fighters, Pink Floyd and Fallout Boy.

Disney and cartoon characters were for sale with posters of Beauty and the Beast, Peter Pan, Cinderella, Winnie the Pooh, Betty Boop and SpongeBob Square Pants.

Posters also consisted of drawings, photography, children, cats, dogs, flowers and scenery.

The next Imagus poster sale is scheduled for January 2007.

Help for those in need

By SAMANTHA SAECHAO

There are about 700 registered students who use disability services everyday.

The disability services office, which is located in Room 2A137, offers a wide range of services and counselling to help each student succeed academically.

A disability may be having a broken arm or being deaf, hard-of-hearing, visually impaired or having a mental illness. Some other disabilities are having a head injury, medical problem, mobility impairment, learning disability or having an attention deficiency.

The service helps students by identifying a disability and assisting the students with a proper accommodation thereby "leveling the playing field," said Judy Bates, a former counsellor who is now the co-ordinator of the service.

There are adaptive equipment devices and computer software that are relevant to a student's need such as language masters, literacy software and four-track tape recorders.

Academic accommodations can include an interpreter for the deaf, a note taker, diagnostic assessment, peer tutoring, employment transition support and learning strategist support.

If a student is in need of help on tests, there are many accommodations such as use of special computers, open book tests, extra time on tests, use of math formula sheets, a private room setting and use of adaptive technology.

For more information, drop into 2A137 or call 519-748-5220, ext. 3258.

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College works to provide safe environment

By SUMMER MCPHEE

It is known that harassment exists throughout the various levels of education; from the elementary level up to and including the post-secondary level but Conestoga College works to combat that.

"Conestoga College students have a right to go to school in an environment that is emotionally and physically safe and non-threatening," said the executive director of human resources for Conestoga College.

Debra Marshall said the Conestoga College Protection of Human Rights Policy and Procedure booklet contains all the rights of a complainant as well as what the sanctions can be for someone who is found to have harassed someone.

According to the booklet, which can be obtained in the Student Services office, Room 1B23, the college recognizes its responsibility to ensure that every person in its community is protected from unlawful discrimination and harassment in accordance with the Ontario Human Rights Code.

Detailed definitions of discrimination and harassment can be found in the copy of the policy that applies to all employees and students.

Marshall said the purpose of the policy is to help resolve the issue at the earliest stage possible.

"If someone feels like he or she is being harassed the first step that we would advise that person to take is to tell the person directly that he or she is uncomfortable with how he or she is being spoken to," said Marshall. "That he or she didn't

like the joke that was made, that he or she didn't like the unwanted attention."

She said if people don't feel comfortable talking with that person directly they could send that person something in writing like an e-mail or a letter to say that they want it to stop.

"The second step if you feel uncomfortable approaching the person yourself is to contact someone like me or a college counselor," said Marshall. "Sometimes security gets involved, particularly if the person feels that his or her safety is threatened."

Marshall said there are approximately four or five situations a year that require intervention at her level.

She said the most common type of harassment cases she deals with would be unwanted attention; an individual who is persistently asking for dates or making suggestive sexual comments that are unwelcome.

Diem Ngyuen, a first-year business student, said within her first couple of days of school she was well informed by both staff members and her student guide booklet about what to do and where to go if a situation such as harassment occurs.

Ngyuen said it is reassuring to know that the school has put procedures and staff members in place to deal with situations of harassment to make the learning environment more comfortable for its students.

"My first week at Conestoga has been great," said Ngyuen. "Hopefully I will never run into a situation where I will need to talk to anyone concerning harassment."

Conestoga gets student chapter

By JENN SPRACH

Conestoga College has the first Canadian student chapter of the International Facility Management Association (IFMA), said the president of the association.

IFMA is an association for facility management with 125 chapters worldwide and eight student chapters in North America, said Angela Yeung, president of IFMA and a student in the applied degree architecture-project and facility management (APFM) program.

The association now has more than 18,500 members in more than 60 countries worldwide, she said.

"IFMA provides certification for new facility managers with their facility manager professional designation and for practising managers with a certified facility manager certification," said Yeung.

IFMA also conducts research, provides educational programs and puts on the largest management-related conference, entitled World Workplace, every year, she added.

It was after the World Workplace conference in Philadelphia in October 2005 she realized the benefits of having a student chapter at Conestoga College, she said.

IFMA gives students the chance to learn more about their job opportunities and career paths, she said.

About a year after attending the conference she became the student liaison on the Toronto chapter of

IFMA.

From there she decided to begin the Conestoga chapter with the Toronto chapter as her mentor, said Yeung.

By the end of March 2006 their chapter was official with a full board of directors and their first meeting took place, said Yeung.

"I am able to help students realize more of their opportunities with the APFM program," said Yeung.

IFMA's mission is to provide students with educational advancement and opportunities to gain experience in the profession of facility management, she said.

Some of the student chapter's goals are: to have all interested students become members, create a successful chapter with high participation, make global facility management connections, provide support for career pursuits and increase IFMA awareness, she said.

The college chapter is currently planning educational sessions for the semester, seeking professional scholarships and a networking and career planning educational session with the president of the IFMA chapter for October and November.

The college's chapter currently has 16 members and a faculty adviser.

To learn more about IFMA or to become a member, visit www.ifma.org.



(Photo by Amy Meadows)

Participants at the 26th annual Terry Fox Marathon on Sept. 17 get off to a running start. Since his death more than \$400 million has been raised worldwide in his name.

A single dream, a world of hope

BY AMY MEADOWS

An 18-year-old cancer survivor said without research funded by organizations like the Terry Fox Foundation, she and many others would not survive.

"Twenty years ago I would have died, 10 years ago I would have lost a leg, I'm here today, free from cancer for seven years, because of research funding," said Jessica Smith.

Smith gave her speech to a silent crowd at Waterloo's Bechtel Park for the 26th anniversary of Terry Fox's Marathon of Hope (the 23rd in the Kitchener-Waterloo area), a marathon she said her family has always supported wholeheartedly.

"I was diagnosed with the same form of cancer Terry Fox had a day after the marathon in 1998," Smith said.

She, however, stays optimistic for the future and said that there is still the possibility that in our lifetime there will be a cure for cancer.

"Even if it isn't found in our lifetime," Smith said. "If we don't start looking now it will never happen."

Terry Fox was only 18 years old when he was diagnosed with bone cancer and forced to have his right leg amputated 15 centimetres above the knee. His decision to run across Canada raising money for cancer research came during his time in hospital. Sadly, he was forced to stop running outside of Thunder Bay after discovering the cancer had spread. He then lost his battle at the age of 22. Since his death more than \$400 million has been raised

worldwide in his name. That number increases every year with these fundraisers.

Diane Frank, a Conestoga College graduate, has been the volunteer co-ordinator with the Terry Fox Marathon for the last 10 years, having lost her father and grandfather to cancer many years ago.

"Since I started doing this, I feel like my dad is always on my mind. It feels like he is with me," Frank said.

Frank was in charge of the Terry Fox tree, an idea that started in Waterloo and became so popular with the Fox family that every location in Ontario now has one.

Strands of yellow ribbon are handed out to everyone and they are asked to dedicate the ribbon to friends or family who have survived or lost the battle or are currently fighting cancer. The names are written on the ribbons which are then tied to the tree where they will remain for a full year, to be taken down just in time for next year's event.

At the foot of the tree in Waterloo is a plaque with the inspirational quotes from each year the event has been held at Bechtel Park, from 1997's "One step at a time" to this year's "A single dream, a world of hope."

This year, Frank has placed 17 names on the tree, dedications she says are from her heart.

"It is a great way of keeping your family and friends in your memory and to keep those memories alive," she said. "The more new people that show up, the better this tree will look. I find it is an excellent way to keep your

hopes up."

Frank's father passed away in 1988, when she was just two weeks into her early childhood education diploma at Conestoga College.

"When I got accepted to Conestoga, my dad was in Florida, he was so excited," Frank said.

She said today makes each person think about what cancer patients have to go through. "One of the ladies here is surviving with just one lung because of cancer, these people need so much support," said Frank.

A volunteer for a senior program, she finds dealing with a wide variety of people something she is incredibly skilled at.

"I love working with all kinds of people, I'm a people person, I find it such a stimulating experience," she said.

Mayor Carl Zehr offered some words of support to the crowd, ranging from babies to the elderly, and said he knows from first-hand experience how cancer affects families.

"It's the kind of dedication and the kind of spirit that Terry had that keeps us all going, in so many ways," Zehr said.

People on bikes, rollerblades and on foot milled around in the heat, sending a buzz around the busy park. Food and water stands had been set up and emergency services crews were on hand.

Everyone at the marathon had the same objective in mind - an objective pointed out in a poignant poem written by a man who ran with Terry many years ago.

"Terry Fox ran for our lives, now it's our turn to even the score."

Dad invents board game to play with sons

By MEGHAN KRELLER

A couple of years ago, Brian Lamondin felt his sons were spending too much time playing video games and not enough with more social, family-oriented activities. He wanted to find a way to pull them away without strife and complaints of boredom.

In this search he developed what he now refers to as Hockey on Board; a board game based on, yes, you guessed it, hockey.

Hockey on Board, although still in the works, has evolved from a simple thought to a detailed prototype that Lamondin is confident will become a success.

Lamondin, now 43, has lived in the Kitchener-Waterloo area for 20 years and his idea for the game has been in the works for almost as long.

"The main idea had been rolling around in my head for 15 years," said Lamondin. "I would get little ideas but then leave it for months just to come back and keep fooling around with the design."

Because his sons weren't interested in the older board games, but were both hockey fans, he decided to put his long-lived idea in motion when trying to eliminate some of their time spent playing video games, said Lamondin.

"It's really been in the past couple of years that I've become really gung-ho about getting my idea turned into reality," he said.

Lamondin said he would play around on the computer whenever he had a spare hour. He and a friend played with the design forever trying to get the kinks out of it, he said.

The two-player game is set on a grid shaped as a hockey rink, complete with lines, zones and face-off circles. Each gamer has six players on the "ice" (a centre, two wingmen, two defencemen and a goalie.) Two dice are rolled at the beginning of each turn, one for moves and the other for shooting/passing. The goal, the same as hockey, is to score.

Once he had the grid pattern of the game figured out he was confident his design would be enjoyed

by more people than just his two boys, said Lamondin.

"When I was designing it in my head and on the computer I was just doing it for myself to see if it would actually work," he said. "Once I had something usable I knew it would sell if I played my cards right."

What Lamondin has ended up with to date are prototypes of the game made of erasable boards he had custom printed, 12 players made from computer printouts and pieces from the hardware store, two dice, a miniature magnetic puck and a dry-erase marker. Lamondin said he is happy with the prototype but his finished product will consist of a smaller, foldable board, three-dimensional players and a box to replace his current shrink-wrap packaging.

Lamondin sold prototypes at the St. Jacobs Farmers Market for two months over the summer and they are also currently available to order online. He said he has been successful in making sales so far through both means, as well as through word-of-mouth.

In general, customers seem satisfied, he said.

"There hasn't been much negative feedback," said Lamondin. "Everyone who comes back to me tells me how much fun they are having with it."

The reaction from his initial target audience - his two sons - as well as from adults came as a bit of a surprise, he said.

"My 10-year-old plays it, my 15-year-old loves it and people my age love it even more," he said. "That's what I was counting on but I was never really sure."

Lamondin said he thinks Hockey on Board is popular among all ages because of its versatility. The rules are friendly to all skill levels, he said.

"There's a watered-down set of rules for kids and a full-blown set where if it's in hockey, it's in the game," he said. "You can play with off-sides and hitting, it's all possible. It just depends on how complicated you want to make it."

Lamondin said there isn't any



(Photo by Meghan Kreller)

Waterloo resident and inventor, Brian Lamondin, is confident his board game will be a hit. Hockey on Board is a realistic, two-player game that is more fun than checkers but way less complicated than chess, said Lamondin.

question that, since technology has taken over, board games have somewhat lost their appeal but he doesn't think that will deter consumers from his product.

"In the market everything becomes new again," he said. "They just keep rehashing old trends."

Lamondin said he realizes board games will never wipe out video games but the right type of board games will come back to a certain degree.

"Hockey on Board is the right type (of board game)," he said.

There are a lot of hockey trivia games out there that don't reach a huge base of people, Lamondin said. If people don't know a lot about the history of the game they won't play the trivia games, he said.

Hockey on Board is different because it's not about boring facts; it's about playing the game most Canadians love, Lamondin said.

"Nothing smells like hockey like

this game," he said. "This is as Canadiana as you get. It's a board game and it's hockey and if people love either one, they should love this game."

Being a hockey fan himself, Lamondin said it has been easy to keep his idea going.

"They always say when you invent something you have to have a kind of love for it," he said. "I love hockey so it was, and still is, pretty easy to get excited about."

Lamondin, having recently settled into a new home, has taken a bit of time off but said he is now ready to continue focusing on new ideas and ways to market Hockey on Board.

"Now that I'm moved in and hockey season isn't far off I'm getting that fire in my belly to get going again," he said. Along with Internet advertising, Lamondin will be bringing his prototype to local stores to pitch his product.

As for the distant future, he has it all figured out.

"Ideally my advertising buddies would be Don Cherry and the Hanson brothers in ads aired during Hockey Night in Canada," he said grinning. "All a pipe dream now but who knows."

Lamondin said if he had more time on his hands he would probably be a lot further along in his vision.

Balancing working full time for the Region of Waterloo and part time for B&D Delivery Inc., along with raising two kids, makes it hard for Lamondin to put himself 100 per cent into the game. However, he said he will slowly but surely continue to work on making it big.

Even with the progress made so far Lamondin said he has already reached a goal.

"If it goes off into the blue and makes me a billion bucks so be it," he said. "But if not at least I can say I gave it a shot."

For more information about Hockey on Board visit www.hockeyonboard.com.

Conestoga Mall gets good turnout for volunteer fair

By SARAH JAYNES

Conestoga Mall was buzzing with excitement as more than 200 people roamed from booth to booth looking for the perfect volunteer position at this year's Volunteer Fair.

The event was put on by the Volunteer Action Centre, an organization for volunteer awareness in K-W and surrounding areas.

More than 37 not-for-profit organizations set up booths in centre court and spoke with people of all ages about where they can volunteer in the Kitchener-Waterloo area.

Some of the organizations involved included Rogers television, ROOF, Waterloo Food Bank and the HopeSpring Cancer support centre.

Each organization had volunteers to speak with people from the community, hand out flyers or pamphlets and give presentations to promote the volunteer opportunities available at that particular association or organization.

For people who were unsure of

where or what they wanted to volunteer for, the Volunteer Action Centre committee met with them on a one-on-one basis and figured out interests and areas of strength, which allowed them to narrow down places they could seek volunteer opportunities.

"There has been a better turnout this year than other years," said Gwenanne Jorgenson, the community relations co-ordinator for the Volunteer Action Centre, "I think it is probably because there has been more advertising through the newspaper and radio."

She said generally the organizations that bring in the most volunteer support are those with children involved, such as Kidsability, which is a centre for child development.

There is also a good response to associations with national TV campaigns, such as breast cancer or multiple sclerosis, who also had booths set up at the fair.

Jorgenson holds the volunteer fair twice a year, and has always held it in September at Conestoga Mall.

"With the event being held in the mall you get a better response" she said.

"You get people who are shopping who may otherwise never know that a fair like this exists, but they will stop because they are curious."

"What we would really like to see is people re-engage their talents and strengths back into the community as volunteers."

*Gwenanne Jorgenson,
the community relations
co-ordinator for the Volunteer
Action Centre*

Generally the fair attracts young adults in college or university; however this year there was a different response.

"We have seen a lot of students however, there has been a good

amount of adults and senior citizens this year who are retired and want to do something rewarding with their time."

For example, Frans Ten Tusscher, a retired accountant, is now a volunteer for the Hospice Association, a high-quality, compassionate end-of-life care centre for individuals living with a life-threatening illness, and for family and friends who are coping.

"It is extremely rewarding to be there for people in their time of need, everyone should volunteer," he said. "It is a few hours out of your week, but it is a few hours spent wisely."

Wendy Morrison and Norah O'Leary are also senior citizens volunteering after they retired. They are both former teachers working in the resource centre at Kidsability in Waterloo.

"If you are at all interested in volunteering there is a position for everyone," said O'Leary.

"There is no task too big or too small" added Morrison.

Jorgenson said that without volunteers over half of the organizations showcased would not exist.

"People have to understand that it is not a matter of want, it is a matter of need," she said.

"Organizations like the MS Society, Breast Cancer Foundation and AIDS association rely on their volunteers and without them, they would not be able to function the way they do."

Jorgenson said right now there is a great need for leadership roles within the volunteer community.

"We need people with strong professional backgrounds and strong leadership roles to sit at the top of the organization, otherwise the people all the way to the bottom will suffer," she said.

"What we would really like to see is people re-engage their talents and strengths back into the community as volunteers."

To learn more about the Volunteer Action Centre, visit <http://www.volunteerkw.ca/>

Helping students avoid excess stress

By TIFFANY MCCORMICK

With the school year well under way students may begin to find themselves bogged down with assignments, projects, essays and everyday homework.

To avoid becoming overworked and stressed out Student Services offers a variety of tips and services to help students keep on top of their workload.

Joy Tomasevic, a learning skills adviser, said the most crucial thing for students to remember is time management, planning and organization.

"Students need to find an efficient plan that works for them," she said.

She recommended students have some way of organizing their schedule either with a planner, calendar, Palm Pilot or more if need be. She said "there's not one tool that works for everyone."

Tomasevic added that doing work at school and making good use of breaks can help cut down homework at night.

Student Services has provided self-help Study Smarter Not Harder workshops for students.

The workshops consist of 14 PowerPoint presentations, which students can access on the college website, that cover areas such as concentration, time management and memory.

The presentations give students tips and strategies to stay on top of work and offer "different ways to think of things," Tomasevic said.

She said the presentations are a real asset for Conestoga's satellite campuses and help cut down the wait students face to see her for help.

"It's an outreach program to get the message out to as many people as possible," she said. "And for students who may only need a bit of information."

Currently there is a two- to three-week wait to see Tomasevic, but she said that's normal as the fall semester is usually the busiest time of year.

The students she helps range from 17 to 59 years old, are first-, second- and third-years and come from all programs.

To avoid becoming stressed or overworked students need to recognize when they begin to feel stressed and overworked.

Tomasevic said some symptoms can be frustration, feeling over-

whelmed and asking questions such as why am I here? and what am I doing?, as well as having a short temper or an irregular personality.

She recommended students come in for help as soon as they need it and take advantage of resources such as counsellors, tutors and writing services.

"Use the resources," she said. "They're here to help manage the stress of being a student."

Another factor to avoiding stress and feeling overworked is health. Tomasevic said it is crucial for students to maintain good health and take time for themselves.

She said students need to remember to eat well, sleep and exercise as they are necessities for mental and physical health.

"Studying is important but it's not your whole life," she said. "A healthy balance is crucial."

Joan Magazine, a Student Services counsellor, said staying on top of work and not getting behind is the best advice she can give students.

"Playing catch-up is difficult," she said.

Magazine mentioned the Swiss cheese method from studies strategies when it comes to getting work done.

Doing bits of each project or assignment eases the workload and can help make tasks more manageable.

She also gave the ABC method when it comes to prioritizing work. A is work that must be done immediately, B can be done but isn't urgent and C is work that would be nice to get to.

Magazine suggested students "prioritize and proportion time to get done what needs to be done."

A strategy Magazine uses is looking at how students spend their extra time and eliminate or cut down anything that isn't a necessity.

She said working outside of school is a major issue many students deal with.

"It's one of the biggest barriers to success," she said.

Magazine, whose busiest time of the year is before, into and after midterms, said it is important that students use their resources and get help when they need it.

For more information on how to cope with stress and keep on top of school work, visit the college website, click on current students and then services.

Gallery supports local art

By AARON SCHWAB

People who have a passion for some form of art often dream of making it big in their chosen medium, but an accomplishment like this is very hard to come by. Fortunately, the Homer Watson House and Gallery in Kitchener provides a venue for public expression for artists, including ones who are held down by day jobs.

The gallery, located on Old Mill Road by Doon Heritage Crossroads, is currently housing an exhibit entitled, It's Not About the Fish, a collaborative series of works by Paul Kekish and John Kipfer.

"It's more about the colour and the texture and the medium they're using" said exhibition curator Tiffani Tyo about the meaning behind the multiple paintings, which range in size from 20 inches to eight feet, and are heavily laden with images of fish, televisions and female symbology. "It's about the process behind how each piece was created, and they used the symbols they had at hand to put into the artwork."

The paintings done by Kekish and Kipfer, who have day jobs as teachers at St. Mary's High School in Kitchener, are very physical in terms of their creation process and overall look; lines and shapes are often gouged into the canvas, and the texture of the paint and brushes used is very apparent on the canvases. This style of painting helps to emphasize the artists' motives behind the paintings, which include persuading the audience to look beyond the instant gratification of the image and find something more underneath.

Over 15 pieces appeared in the show, all of which were up for sale, at prices ranging from \$500 to \$2,000.

The artwork that goes on display at the Homer Watson House and Gallery is determined by a selection process with the help of an exhibition selection committee. Tyo hears proposals from individ-



(Photo by Aaron Schwab)

Paul Kekish and John Kipfer's painting "7 fish (6+1)" is on display as part of their exhibit, It's Not About the Fish, at the Homer Watson House and Gallery.

ual artists and presents them to the committee. An evaluation form is then completed for each submission before the final selection of which artwork will be shown in the gallery.

"In the end, I'm the one that analyzes all the evaluation forms and - from the ones that have been approved by the committee to go forward - I fit them into the schedule, do all the contracts and choose all the artwork," said Tyo of her involvement in the process.

As for her career choice, Tyo chose to follow the path of art exhibit curator at the Homer Watson house because of her background in museum studies.

Art exhibition curator is not a career someone without a passion for art and history would choose, and Tyo enjoys her work not only because the Homer Watson house itself ties in nicely with her museum studies and historical backgrounds, but because every day offers something new.

"There's something different every day," said Tyo. "It's not a sit-at-your-computer office job. You actually do studio visits; usually I do a couple a week. I meet artists, I get to go to openings and talk with artists and interview them, and I'm able to relate to their pas-

sion for the arts and the shows that they have here."

As calm as the job of an art curator may seem, it can be a very intense and exciting job, Tyo said.

"I talk to the press all the time, do press and media releases, interviews, I get to promote (the artists). There's graphic design involved in all the invitations and website design. So it's a slew of different things," she said.

Although there are no specific low points to Tyo's job, the hectic nature of meeting deadlines can get intense and hairy, Tyo said.

"We have ten shows a year and the rotation of the exhibitions is usually every four to six weeks, so that whole installation process I do myself," she said. "Hanging all the artwork, doing all the lighting, all the labelling, all of that."

All of Tyo's hard work always pays off in the end: "It can get intense, and during that one week, you're hairy, and the opening reception happens, and you're like 'Oh, this is why I do it, this is a good reason.' It's rewarding at the end."

Paul Kekish and John Kipfer's exhibit, It's Not About the Fish, can be seen on display at the Homer Watson House and Gallery until Oct. 29.

Residence life receives mixed reviews

By ANGELO MAZZIOTTI

It's that time of year again - no, not time for the season premiere of Prison Break - it's back to school time. This means back to the hustle and bustle and hectic everyday life of a college student.

For some, this will mean packing the van full of furniture and moving into Conestoga residence, for others it means renting a house with a few roomies.

For first-year students, living in residence can be a great time, but there are a few things to remember before choosing to dish out the cash and moving on up. Stephanie Willis, a front desk rep at the residence, says living in residence can be a great time if you don't get too crazy.

"I see all the students having a blast, and it is a great time but it doesn't come without its fair share of problems as well," said Willis.

She said students just have to remember that living on their own can be fun, but there are certain

rules that have to be followed.

"The biggest problem is obviously underage drinking" she said. "Beer bottles are not allowed in the building, but we find them everywhere."

Fabian, a first-year telecommunications student at Conestoga, said living in residence is great but sometimes it can be a bit too much to handle.

"Ya, it's always a blast," he said. "There is always a party going on or people to hang out with, but you have to remember that you have class in the morning."

Kaitlin Kirkup, a first-year advertising student at Conestoga, said she has mixed reactions.

"I lived in residence at York University last year and hated it," said Kirkup "When the letter for residence came in the mail this year I threw it out right away."

Kaitlin said she had a bad experience because she did not have a roommate, and the space was too small.

"It got lonely sometimes," she joked. "All of my friends lived in a different residence on campus; I missed them."

What about the alternative. Living in a house can be equally fun, but also comes with equal headaches. Andrea Bolen, a third-year marketing student at the University of Ottawa, said the best times of her life were renting a house with her friends.

"I did the residence thing first year but renting is the way to go," said Bolen. "It cuts down on living expenses because of the amount of people sharing rent, and you always get along with your roommates because you get to pick them yourself. I recommend it to everyone."

However, she said it does have a downside as well.

"You really have to make sure you all stay on top of the rent," she said. "That's really the biggest problem and you really have to make sure you keep the place clean."

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Chili Peppers' latest delivers

By ROSS ALDWORTH



(Internet photo)

From left to right: Red Hot Chili Peppers' Flea, Anthony Kiedis, John Frusciante and Chad Smith.

straight from the sessions that produced 1991's Blood Sugar Sex Magik. And those are just the most obvious examples.

Other tracks blend the band's trademark mix of styles with such ease and fluidity that you'd think they'd been at it for two decades. Oh, right. Free from the sharp stylistic deviations that have separated each Chili Peppers album from the last since Blood Sugar Sex Magik, Stadium plays like a Best Of album that just happens to be entirely new material.

While not without its minor blemishes (the glaringly out of place If.) Stadium Arcadium is the Chili Pepper's strongest showing yet and hopefully a sign of things to come.

Pick up a copy, book two hours alone with a stereo, press play and enjoy. You won't be needing the skip button here.

On second thought, better make it four hours with the stereo.

Silent Hill; horrifically bad

By ERIC MURPHY

Silent Hill is one of the worst horror flicks to hit the shelves in recent history.

This big screen adaptation of the popular video game of the same name will have gamers and horror flick enthusiasts shaking their heads in great disappointment.

Rose Da Silva (Radha Mitchell; Finding Neverland, Phone Booth) races with her daughter, Sharon (Jodelle Ferland; Smallville, Stargate SG-1) hoping to find answers to her daughter's nightmarish sleepwalking episodes. After crashing, Rose wakes to find herself in the mysterious and abandoned town of Silent Hill and her daughter missing.

As the distraught mother searches the creepy town, she is quick to learn that Silent Hill isn't like any other place she has been before. Rose discovers that the town has been abandoned for the last 30 years because of a continually burning underground coal fire that leaves a trail of terror and a variety of dark creatures that appear every time an emergency-alert siren screams through the town.

The more she searches the more Rose finds herself tangled in the disturbing history of Silent Hill,

leaving her to battle evil and darkness.

After watching Silent Hill, it is no surprise that writer Roger Avery (The Rules of Attraction) has been overshadowed by former co-writer Quentin Tarantino for the last few years.

This big screen adaptation of the popular video game of the same name will have gamers and horror flick enthusiasts shaking their heads in disappointment.

Having worked on dialogue masterpieces like Pulp Fiction and Reservoir Dogs with the cult film icon, Tarantino, Avery seems to have dismissed the notion of good cohesive dialogue and success for poor computer graphics and the running popularity of a video game.

Scenes derived from computer graphics range from a group of attacking faceless nurses in old school uniforms that resemble a bad rendition of Michael Jackson's Thriller video to a levitating bed that shoots body-split-

ting barbed wire from every direction.

Even taglines associated with this dismal display of demonic doo-doo like: Silent Hill; enjoy your stay, or Silent Hill; the game is on, or Silent Hill; once you've entered there's no turning back, are terrible.

So in classic Hollywood fashion I have come up with a few Silent Hill taglines of my own.

1) Silent Hill; the not-so-silent movie you wish that was - Roger Avery should be looking to Tarantino for some writing lessons after this terrible wreck of a performance.

2) Silent Hill; enjoy your sleep - this movie is not scary at all and could very well put any moviegoer asleep.

3) Silent Hill; once you've watched it there's no turning back - honestly, if people do decide to watch this movie, understand that they may very well turn out dumber than they were before they watched it.

To quote one of the characters in Silent Hill, "Evil waits in vengeance, be careful what you choose."

So think twice before you bring this DVD home to a loved one, the result could be deadly.

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Golden Hawks face tough road this season

By CHRISTOPHER MILLS

Some would call last year a Cinderella season for the Wilfrid Laurier Golden Hawks football team. Others know better.

The Golden Hawks began last season nationally ranked in the Canadian Interuniversity Sports (CIS) top 10, and entered the playoffs ranked third before "upsetting" second-ranked University of Saskatchewan to cap a perfect season and win their second Vanier Cup, the school's first since 1991.

The Golden Hawks seemed to be an underdog all season, despite a regular-season winning streak that reached 20 games going into last year's playoffs. It was the culmination of a journey that began with a 1-7 record in 2002. The Golden Hawks turned things around in 2003, finishing 6-2, but it proved to be bittersweet as Laurier lost to their rivals from McMaster University in the Yates Cup game.

The 2004 season brought more progression, as the team finished with a perfect 8-0 record and slayed their dragon from the previous season by defeating McMaster in their home stadium to win the Yates Cup. They outscored opponents 420-158, before suffering a tough defeat at the hands of Laval in the Uteck Bowl.

The winning streak continued last year as the Golden Hawks stormed through the regular season, piling up another 8-0 record, before steamrolling strong teams from McMaster, the University of

Western Ontario and Saskatchewan en route to their national championship.

Looking at such a progression, it's hard to see why so many would consider the Golden Hawks an underdog. Many cited a small defence that was likely to be picked on by stronger and bigger offences. That may seem logical, but it was that same defence that led Laurier to back-to-back undefeated seasons.

Head Coach Gary Jeffries couldn't quite understand it either, but he and his team relished the fact that they were often so underestimated.

All of this leads into the current season. A season where the Golden Hawks will look to defend their title without a number of their championship stars: quarterback Ryan Pyear, running back Nick Cameron, running back Bryon Hickey, kicker Brian Devlin, defensive back Ian Logan, defensive tackle Kyle Armour and offensive lineman Mitch Zappitelli, among others. And alas, a season where the underdog label is finally deserved.

The Golden Hawks began the season with a generous ranking of fourth in the CIS standings and an overtime win over the University of Guelph, but they dropped to eighth following a disappointing 29-19 loss to the University of Ottawa Gee Gees two weeks ago. The loss ended Laurier's 21-game regular-season winning streak and stopped their overall winning streak at 13 games. A shutout win over a weak

York team brought the Hawks back to a respectable 2-1 after their first three games, but their toughest opponents still remain. They face Western and McMaster in the coming weeks, before finishing the season against a high powered Lancers offense at the University of Windsor.

Jamie Partington, this year's starting quarterback, has some big shoes to fill taking over for all-star Ryan Pyear, but he doesn't feel there has been any added pressure.

"It's always in the back of your mind," he said. "It is a new team, a new year, a new season, but when you're the defending national champions, there's no place but to stay there. Anything less is kind of looked at as a failure, but it's a new season, a new team, so you just have to go a game at a time."

He added the team just needs to maintain focus and not take the success of the past few years for granted.

"It's a reality check," Partington said, referring to his team's loss and drop in the national rankings. "I think we were kind of being complacent since the start of camp. We've had a lot of success in the past few seasons and everyone I think has kind of gotten used to it. I think the loss, as bad as it sounds, may have helped us out a bit."

Partington said despite an unconvincing start to the season, the Golden Hawks in no way consider this to be a rebuilding year.

"Definitely, we look at ourselves as a contender," he said. "If you

don't, I don't think there's much sense in playing the season."

Coach Gary Jeffries agreed, saying he believes in the players he puts on the field each week.

"It's a matter of learning from what we've done thus far," he said. "We're young, it's an inexperienced group, we're kind of beat up, we've got a number of kids out, but we're very confident in the young men who are playing each week."

Easing some of the strain on the young team is the presence of championship quarterback Ryan Pyear as the team's new offensive co-ordinator. Jeffries acknowledged that having someone so young in such a high position is rare, but he feels Pyear's expertise and experience can only make the team better.

"I just had so much confidence in him and I don't think there's ever been a challenge that Ryan hasn't accepted as a player, and I saw no reason why he wouldn't embrace this one, and he has," Jeffries said.

His outlook has not changed since naming Pyear to the coaching staff earlier this year.

"We're not only in the business of developing great athletes, but great people," Jeffries said in a story on www.laurierathletics.com when Pyear was announced as the offensive co-ordinator back in February. "I believe we have a great one in Ryan who understands young people, has the

respect of his peers and will help us build contenders for many years to come."

Pyear, often an underdog in his own right during his career, is excited about the opportunity he has been presented with.

"This is a dream come true and a tremendous career development opportunity," he said on www.laurierathletics.com. "As a team, we had a goal this past season — and we achieved it. It's a page in our history, now we are in pursuit of our next goal."

Pyear should make the Golden Hawks a better team, and at very least help prepare them for the future. But much of the Hawks' ability and success for this season is yet to be determined. Their fate for this year will be revealed in how they fare against the top-tier teams in the conference, including the CIS fifth-ranked McMaster Marauders and the Windsor Lancers, a devastating team likely to be climbing into the rankings soon. Win or lose, it will not be an easy road.

Having Jeffries at the helm, the OUA Coach of the Year for the past three years running, automatically makes the Golden Hawks a Yates Cup contender. But with the star power from last year's team all but gone, this year's squad will definitely need to channel Cinderella if they hope to repeat as national champions. Midnight is closing in fast on this fairy tale and it will be hard to make the slipper fit.

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(Photos by Christopher Mills)

Above: The Wilfrid Laurier Golden Hawks football team runs practice drills at University Stadium in Waterloo. The Hawks will have a tough time repeating as national champions.

Right: The Golden Hawks football team undergoes a rigorous practice in preparation for a game with one of their conference rivals. Wilfrid Laurier is the defending national champions.





(Photo by Nick Casselli)

The men's soccer team warms up before their Sept. 15 game against the Sheridan Bruins. The Condors opened the season with a tie.

Men's soccer team comes back in style

By NICK CASSELLI

The Conestoga College men's soccer team salvaged a tie in the dying seconds of the second half in their season-opening game against the Sheridan Bruins on Sept. 15.

Solid goalkeeping, tight defending and a clogged-up midfield congested any mesh reveling in a scoreless first half.

The radar screen swiftly lit up in the second half as the Bruins netted two quick goals past rookie goaltender Aleks Bednarowski.

But a tenacious group of Conestoga Condors refused to throw in the towel, and late in the second half were rewarded with a free kick following a blunder committed by the Sheridan goalkeeper.

The initial shot was turned aside, but Condor forward, Behrad Rakhshani, made no mistake, booting in the rebound to trim the lead to 2-1.

With the clock ticking down, the Condors eagerly flocked to the Bruin's zone like the salmon of Capistrano, and in the midst of frenzy, Condor veteran, Victor Nobre, flashed sparks of magnificence and headed an airborne ball out of the reach of the fallen Bruin goalkeeper to knot the game up at two.

"This is the biggest goal of my four years playing on this team," said an excited Nobre.

"We're a little disappointed we didn't get the win, but it's great to see our guys battle out of a big hole like that."

Veteran forward, Rich Parsons, said the team has shown a lot of promise but still has some work to do.

"We just need to work out some of the kinks and develop team chemistry."

"There is so much talent in our locker room, it's all a matter of time until we click into playoff form."

Although, expecting a win, head coach, Geoff Johnstone, has bestowed confidence in his team and is expecting a playoff berth this season.

"Our team has unbelievable speed, great first touch ball control and an excellent big man in goal for us."

"We have what it takes to be a playoff contender, we just need to harness our attributes."

Fans are encouraged to support the Condors soccer team, as their next home game will be held on Sept. 26 at 5 p.m. where they will battle Humber College.

COUNSELLOR'S CORNER: Mature Students

Post-secondary education is a journey of exploration, one that stretches comfort zones and embraces diverse ways of thinking and doing. Returning to school after years of being out in the workplace or raising a family can be intimidating, exhilarating, challenging, and sometimes unsettling, and despite a wealth of life experience from work, home, or prior training, adults feel unsure of what is expected of them in the college environment.

Many mature students are apprehensive about returning to school and are concerned about how they will perform academically. Their challenges are different than those of younger students, including but not limited to: balancing parenthood and home life with school, and re-learning and re-developing study and research skills. It can take time to adjust and an important part of that adjustment includes developing competence in learning and study skills, a willingness to utilize resources, and an openness to learn from peers.

Here are a few observations about mature students that might ease some of the uncertainties about returning to learning:

- ⇒ **KNOW THAT MOST ADULTS FEEL APPREHENSIVE ABOUT RETURNING TO LEARNING.** The truth is, that most adults do very well if not better than they did before, and they actually enjoy it.
- ⇒ **THINK ABOUT WHY YOU ARE RETURNING.** Don't be surprised if you find reasons other than the ones you had anticipated to continue your learning.
- ⇒ **DO WHAT IS RIGHT FOR YOU.** There is no right way to do this. Think about what is important to you and how it will best fit your life circumstances and goals.
- ⇒ **MAKE YOUR WELL BEING A PRIORITY.** Don't compromise on the things that keep you physically, emotionally, and spiritually well. Make sure you build them into your schedule.
- ⇒ **DISCUSS YOUR PLANS.** Think about how others in your life might support you.

Mature students are also sometimes concerned about fitting in socially. The Student Services Office can help, either individually, or through the Mature Student Message Board by providing a place to meet and exchange ideas. For more information, contact the Student Services Office.

A Message from Student Services

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Conestoga's intramural fall season is here at last

By ADAM BLACK

With a month of school almost done, the first session of intramural sports at Conestoga kicked off on Sept. 18 with slo-pitch and touch football.

For students looking to keep active, yet not have to worry about all the pressure of competing in varsity sports, intramurals might be the answer.

Katie McCartney, the reception, fitness and equipment technician, organizes intramural leagues at Conestoga, says these leagues are not only a great way to keep in shape, but also to have fun.

"I think many people join intra-

mural sports for the social aspect," said McCartney. "It's a way to meet new people and keep an active lifestyle."

"It's a way to meet new people and keep an active lifestyle."

*Katie McCartney,
fitness and equipment
technician*

She also said they are welcoming ideas from students for new sports to be added to the league. For example, starting January dodge

ball is being introduced as a new sport and it's creating excitement amongst students.

"I can't believe they're making a dodge-ball league," said Caitlin Old-Staebler, a second-year recreation and leisure student. "I think it's going to be really exciting to watch and play."

Slo-pitch takes place Mondays, Tuesdays and Thursdays from 4:30 to 6:30 p.m. at the ball diamonds by the recreation centre. Touch football kicks off on Wednesdays from 4:30 to 6:30 p.m.

Unfortunately, if you're looking to sign up a team for the first session of intramurals you're too late. But don't fret, the second session

starts in mid-October with sports like ball and ice hockey, basketball and volleyball.

Individuals interested in signing up teams for the second session of intramurals are asked to attend a captain's meeting on Tuesday, Oct. 17 at 6 p.m. at OT's Sports Bar on the second floor of the recreation centre. A \$30 bond is required from each team during registration.

For more information on intramural sports you can contact Katie McCartney at 519-748-5220 ext. 2317 or e-mail http://www.conestogac.on.ca/re_c_centre/html/intramurals.html



(Photo by Adam Black)

Rugby action

Conestoga's men's rugby team pounded the Loyalist Lancers 29-10 to open the season.

Sensational soccer kicks off

By JORDEN FELICIANO

It is the most wonderful time of the club soccer season, when the Union of European Football Associations' (UEFA) Champions League invades the mid-week soccer schedule four times a month until an eventual champion is crowned in Athens, Greece on May 23, 2007.

With the first round of fixtures already in the books, several of this season's favourites have got off to a great start, namely last years' champions and front runners again, Barcelona of Spain.

"They displayed their domination in their game against Levski," said Paul James, 42, head coach of the York University soccer team and soccer analyst on The Score's Sportsworld program.

"Their 5-0 result was not an illusion and they displayed a total team effort," said James. "When five different players get on the score sheet, it is a reflection of the total team effort."

With most of the focus being put on Barcelona, some of the other favourites have less attention on them, which some think isn't such a bad thing.

"I think with teams like Milan, Lyon, Chelsea and Manchester United, the pressure won't be so high on them going into matches because they don't have all the media attention and expectations," said Lee Godfrey, soccer analyst for GoTV.

Milan, Lyon, Chelsea, Manchester United, Arsenal, Valencia and Bayern Munich all started off their campaigns with victories.

When asked who they thought would be the biggest threat to Barcelona's crown, James and Godfrey have a similar club in mind.

"Definitely Chelsea," said James. "They are in the same opening group as Barcelona, and for the last two seasons have given Barcelona the toughest challenge."

Godfrey agreed and said, "Chelsea is a well-coached team, well organized and have an excess of talent, so I think they are the toughest matchup on paper with Barcelona."

Champions League match day two resumes Sept. 26 and 27 with the key matchups being Benfica against Manchester United, Arsenal and Porto, Inter and Bayern Munich and Roma and Valencia.

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